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Term 3 Holiday - 2025: Day 9 | 10-Day Intensive Selective Writing

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Section 1:

#1: Opening and Partial Admission

Strengths:

- Your opening is polite and formal, which sets an appropriate tone for communicating with your principal.
- You are honest about using ChatGPT for part of the assignment, which shows some courage in admitting what you did.

Minimising Your Actions → You write "I did not use ChatGBT for the writing part. However, I used it for idea generation and how to start my writing assignment." This sounds like you're trying to make your cheating seem less serious by splitting it into parts. When you use AI to plan and structure your work, you're still using it to complete the assignment dishonestly. The phrase "I deserve a lesser punishment" shows you're more focused on reducing consequences than truly understanding why what you did was wrong. You also write "My submitted piece was just ChatGBTs planning and base, which I simply expanded on," but using someone else's ideas and structure as your foundation is still cheating, not "simply expanding."

Exemplar: *I am writing to confess that I used ChatGPT to help plan and structure my writing assignment. Whilst I wrote the final piece myself, I understand that using AI for any part of the assignment violated academic honesty rules. I take full responsibility for this decision and want to explain what I have learnt from this mistake.*

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#2: Reflection on Consequences

Strengths:

- You recognise that using ChatGPT prevented you from learning and improving your writing skills.
- You acknowledge that you used AI for multiple assignments, which shows honesty about the extent of your cheating.

Shallow Understanding of the Problem → You mention feeling "great remorse" and understanding that you "could not learn anything new," which are important realisations. However, your explanation focuses mainly on getting caught rather than the deeper problem. You write "it ended up backfiring, and now I have been caught," which suggests you regret being caught more than actually cheating. Your reflection doesn't mention how your actions affected other students who worked honestly, or how you betrayed your teachers' trust. You write "That's why my scores were so good this term" but don't explore why you felt the need to cheat in the first place or what pressures led to this decision.

Exemplar: *I now understand that by using ChatGPT, I not only cheated myself out of learning opportunities, but I also gained an unfair advantage over classmates who completed their work honestly. I betrayed the trust my teachers placed in me and compromised my own integrity. I used AI because I felt pressure to achieve high marks, but I realise now that genuine learning and honest effort are far more valuable than grades obtained through cheating.*

#3: Future Commitment and Conclusion

Strengths:

- You show understanding that continuing to use ChatGPT would harm your writing development.
- You ask for forgiveness, which demonstrates some humility.

Bargaining Instead of Genuine Remorse → Your conclusion writes "Please Ms Manfredi can you forgive me for doing this wrong" and then immediately suggests "allow me to make up for my actions by having detention for at least a week." This sounds like you're negotiating or bargaining for a specific punishment rather than genuinely apologising and accepting whatever consequences Ms Manfredi decides are appropriate. The phrase "I take full accountability for my actions" contradicts your earlier statement that you deserve a lesser punishment because you only used AI for planning. Taking full accountability means accepting responsibility without trying to minimise what you did or negotiate the consequences.

Exemplar: *I am deeply sorry for my dishonest actions and understand that there will be consequences. I accept whatever decision you make regarding appropriate punishment. Moving forwards, I am committed to completing all my work honestly and rebuilding the trust I have broken. I would appreciate the opportunity to meet with you to discuss how I can demonstrate genuine improvement in my character and academic integrity.*

■ Your piece shows some understanding that using ChatGPT was wrong, but your email needs significant improvement in demonstrating genuine remorse and taking full responsibility. Throughout your writing, you seem more concerned with reducing your punishment than truly reflecting on why academic honesty matters. Whilst you admit to cheating, you immediately try to minimise the seriousness by arguing that you only used AI for planning, not the actual writing. This approach undermines your apology because it suggests you don't fully understand that using AI for any part of the assignment is dishonest.

Your reflection in the second paragraph is a good start, but it focuses too much on the practical consequences of getting caught rather than the moral and ethical problems with cheating. You mention that ChatGPT prevented you from learning, which is true, but you don't address the unfair advantage you gained over honest students or how you betrayed your teachers' trust. Additionally, you write "I thought that if nobody saw me cheating then I would not get caught," which reveals that your main concern was avoiding consequences, not doing the right thing.

Your email would be much stronger if you explored the reasons why you turned to ChatGPT in the first place. Were you struggling with the assignments? Did you feel overwhelmed by pressure to get good marks? Understanding what led to your decision is important for showing you've genuinely reflected on your actions. Also, instead of suggesting a specific punishment like "detention for at least a week," you should focus on explaining concrete steps you'll take to ensure this never happens again. For example, you could mention meeting with teachers when you're struggling, using proper study resources, or asking for help when you need it. This would show Ms Manfredi that you're thinking about long-term changes to your behaviour, not just trying to get through the immediate consequences.

Score: 38/50

Section 2:

DearMs Manfredi,

I hope this email finds you well. There has been a misunderstanding ~~that~~ [regarding my use of AI.] I ~~have~~ [need to confess that I did] use~~d~~ ChatGBT for my writing assignment. I did not use ChatGBT for

the writing part [itself.] However, I used it for idea generation and how to start my writing assignment. ~~This is still classified as cheating, though due to the fact that I didn't use it for the actual writing I deserve a lesser punishment. It is still an option for me to have detention for a few days, but I do not need to get a suspension warning.~~ [I understand that this is still academic dishonesty.] My submitted piece was ~~just ChatGBTs~~ [based on ChatGBT's] planning and base, which I ~~simply~~ expanded on. **#1**

After I did this ~~I had~~ felt great remorse for cheating on my assignment. I also realised that this means I could not learn anything new, or get better at writing, as you need to make mistakes to get better. ChatGBT played a big role in my grades and ~~;~~ I had used it on all my assignments. That's why my scores were so good this term. I thought that I could just ask ChatGBT to write my pieces [, but] ~~But~~ it ended up backfiring, and now I have been caught. **#2**

I thought that if nobody saw me cheating then I would not get caught. However, I realise now that there would be a stark difference in my writing. I should not use the ChatGBT bot as it deprives me of the opportunity to learn and thrive in my English writing. I will get better at writing if I focus on doing it myself and then I won't even need to use ChatGBT. But if I keep using it, my writing will get worse and worse. Please Ms Manfredican you forgive me for doing this ~~wrong~~ [wrongly]. By using ChatGBT, I have made a grave mistake and feel deeply sorry for doing this. I take full accountability for my actions so please ~~allow me to make up for my actions by having detention for at least a week~~ [accept whatever consequences you determine are appropriate]. **#3**

Sincerely, Aarav